

# THE PARENTS GUIDE TO CYBER SAFETY



*Altogether Better Policing*

**DURHAM**



# CYBER SAFETY

## **TOP TIPS**

### **Put appropriate Parental Controls in place...**

Manage the content that your child can access. This can be restricted by age appropriate recommendations or custom.

### **Protect your child's identity online...**

Monitor any personal information being displayed online and put security measures in place to protect this information. Set accounts to private.

### **Control financial capabilities on devices...**

Is your child able to make purchases on the device?

### **Turn off...**

Location Sharing in apps.

### **Remember...**

Should anything happen, screenshot the evidence.

# HOW CAN I PROTECT MY CHILD ONLINE?



## Smart Devices

They are a number of different ways you can secure your child's device within the phone settings.

## Top Tips



### App purchasing

You can turn off this feature to stop apps being purchased without your permission.



### Limit time

Limit the amount of time your child spends on their device by activating this feature. Search 'Screen time' in settings on apple devices or use the 'Family Link' app for android devices.



### Turn off location settings

iPhone: Settings -> (select app eg: Facebook) -> Location -> **change option to Never**  
Android:

Drag the toolbar down from the top of your screen and deselect location

Or:

Settings -> Location Services -> **change access to my location to 'off'**

*Or for individual applications:*

Settings -> general apps/app settings -> app permissions -> **de-select as appropriate**



### Block Inappropriate Content

You are able to control the content your child is allowed to access through the device settings. Search 'Screen time' in settings on apple devices or use the 'Family Link' app for android devices.

**Also review controls on any website or apps your child uses, and on the network they are connected to access the internet.**

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## Broadband & Mobile Networks

Broadband, mobile and Wi-Fi providers allow you to put filters in place to limit appropriate content. These usually have to be set up manually.



## Did you know

You can restrict certain types of websites on all devices connected to your home router?

You can also use these settings on your router to block usage i.e. make Wi-Fi unavailable after 9pm.

internet  
matters.org

Seek advice via your internet provider or by visiting [internetmatters.org/parental-controls](https://www.internetmatters.org/parental-controls) for step by step guides on how to put these features in place.

**Also review controls on any website or apps your child uses, and separately on your child's device.**

# HOW CAN I PROTECT MY CHILD ONLINE?



## Gaming

Games consoles are now very sophisticated and have capabilities what most PC's have. Conduct some research on the console and what capabilities it has. Follow our top tips on what to look for when buying a games console.

### Questions to ask when buying a games console

#### **Does the console or game have chat facilities?**

Educate your child on responsible gaming - advise them never to chat with anyone who they do not know.

#### **Is your child able to make purchases using their games console?**

Some consoles allow you to set up a 'Master or parental account' which enables you to control the features your child can access on their 'sub or child' account, including setting a spend limit or blocking purchases. Parental controls can also be applied in settings.

**Ensure that your child's gamertag (online name) does not reveal their identity.**

#### **Restrict access to games based on aged ratings.**

It is possible to limit play time via the settings on the console.

**Detailed advice on games consoles can be found in our 'Parents Guide to Gaming' advice booklet.**

# HOW CAN I PROTECT MY CHILD ONLINE?



## Social Media

Social media is very popular among young people. It allows them to stay in touch with friends and is a place they can express creativity and thoughts. The good news is there are many features you can put in place to ensure social media is safe for your child.

### Top Tips



1 Set up two-factor authentication (2FA) [twofactorauth.org/#social](https://twofactorauth.org/#social)



2 Turn accounts to private



3 Turn off any feature that makes their **location** visible to others. For example, in Snapchat, ensure ghost mode is switched on.



Filter out inappropriate comments

Detailed advice on social media can be found by visiting the app's help centre, or visiting advice sites like

[net-aware.org.uk/networks](https://net-aware.org.uk/networks) or

[internetmatters.org/parental-controls/social-media](https://internetmatters.org/parental-controls/social-media)





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